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Capital Times



Cardiff Council Leader Rodney Berman with a model of how the CBD will look.

Cardiff Council Issue 133 January 2012



NEWS



Cardiff lands international boxing convention - see page 3



New Ty Storrie home opens - see page 5

Welcome to the future

Central Business District blueprint revealed

THE vision for the first phase of Cardiff's ambitious plans to create a multi million pound Central Business District (CBD) in the heart of the city centre has been unveiled.

The blueprint for the first stage of the £160m scheme, which will create thousands of jobs and make major improvements to the infrastructure of the city, also outlines a draft masterplan for Central Square and a new Central Bus Station.

The plan is for the CBD to attract more blue chip companies to the city; to deliver around four million square feet of office space; to build a

International Conference and Convention Centre which will boost the economy by £46m each year; and create a new gateway to the city centre.

The vision also includes plans for the redevelopment of Central Bus Station to an improved and better integrated terminus which will not only improve facilities for bus travellers but also schedules and bus timetables.

The improvements will make the new bus station part of the bus box, allowing the council to increase the number of local services that use it. It would also be able to stay open on event days and avoid the need for bus

routes to change on Friday and Saturday evenings when areas in the city centre are closed and buses currently need to be re-routed.

Last month the Council's Executive approved the vision for phase one of the development, which includes the redevelopment of Central Square, creating a new vibrant public area at the entrance to Cardiff Central Train Station, new walkways and a potential location for the convention centre.

It is hoped this new gateway will provide the impetus for the creation of the new CBD office environment with talks ongoing

with two high profile businesses who could act as anchor tenants to the scheme.

The blueprint also details plans to improve the area around Callaghan Square helping to create a pedestrian-friendly green lung that would extend from Cardiff Castle to Cardiff Bay.

Council Leader Councillor Rodney Berman said: "These are exciting times for the city centre. In the current economic climate our ambitious plans for a Central Business District for Cardiff are needed more than ever and will firmly establish us not just an economic driver for the city region but a

powerhouse for the Welsh economy.

"This vision shows our commitment to driving Cardiff forward and seeking out every opportunity to attract new businesses to the area and safeguard those ones already here.

"I am also particularly pleased to see the proposals for a new Central Bus Station as this is something we have needed for some time giving us greater integration with the bus box and existing services creating a true transport hub which makes it very easy for passengers to take public transport."

C
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You can also e-mail us at capitaltimes@cardiff.gov.uk

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A day in a life

The latest in a regular series looking at jobs carried out by council employees. This month Thornhill Cemetery and Crematorium manager Roger Swan talks to Capital Times.



WHEN I began my working life as an apprentice gardener, I had no idea I'd end up working as a crematorium manager. No one leaves school and wants to become a crematorium manager, do they?

Crematorium managers and their staff have many different roles they must perform at each cremation. We have three cremators at Thornhill and my day usually starts by liaising with the staff to ensure that everything is checked meticulously so that each service runs smoothly. It is vitally important that we get things right first time.

I have a team of three technicians and a Chapel Attendant working with me and before every service we have to ensure that the chapel is clean and that any music that is required is ready. We also have to make sure that the cremators are operating safely. We then meet the funeral cortege, escort the mourners into and out of the chapel and deal with any enquiries they may have.

Once the funeral is over, My staff and I are

responsible for the cremation, ensuring that the correct identity of the deceased is maintained throughout the process



from the moment the coffin arrives to the person's final resting place, whether that is a burial or the scattering of the

ashes etc.

The cremation itself usually takes about 90 minutes.

People often think that we cremate bodies together but the cremators are only big enough for one coffin at a time. Another myth is that we take the bodies out of the coffins but the cremation includes the coffin as well, exactly as we have received it in the Chapel. We have to follow a strict code of practice. We cremate between the hours of 8am-9pm. Our cremators are very modern and computer controlled and since the introduction of stricter

emission controls and new equipment, smoke is no longer emitted through the chimney stack as in the old days.

All of the funerals are very important and individual in content but some do stand out. I know some of my colleagues elsewhere have been asked to arrange for dry ice or a laser show as the coffin was withdrawn into the crematory but nothing like that has happened at Thornhill yet!. In saying that, we have been asked to play a wide range of music, from mobile phone ring tones to punk or heavy rock music.

Committee dates: January 2012

Tuesday, January 17, Environmental Scrutiny Committee, 4.30pm, Committee Room 4 County Hall.

Wednesday, January 18, Policy Performance and Review Scrutiny Committee, 4.30pm, Committee Room 4 County Hall.

Thursday, January 19, Executive Business Meeting, 2pm, Committee Room 3 County Hall.

Monday, January 23, Prosiect Gwyrd Joint Committee, 5pm, Docks Office, Barry.

Tuesday, January 24, Economy and Culture Scrutiny Committee, 4.30pm, Committee Room 4 County Hall.

Wednesday, January 25, Planning (Policy) Committee, 4pm, Ferrier Hall, City Hall.

Thursday, January 26, Council, 4.30pm, City Hall.

Friday, January 27, Council Appeals, 2.30pm, Committee Room 4 County Hall.

Tuesday, January 31, Standards and Ethics Committee, 4.30pm, Committee Room 4 County Hall.

Tuesday, February 7, Licensing Committee, 10am, Committee Room 1 County Hall.

Tuesday, February 7, Public Protection Committee, 10.30am, Committee Room 1 County Hall.

Wednesday, February 8, Planning (Development Control) Committee, 2.30pm, Ferrier Hall, City Hall.

Thursday, February 9, Community and Adult Services Scrutiny Committee, 2pm, Committee Room 4 County Hall.

Thursday, February 9, Children and Young People Scrutiny Committee, 10am, Committee Room 1 County Hall.

Friday, February 10, Environmental Scrutiny Committee, 3pm, Committee Room 4 County Hall.

These dates are correct at time of going to press, however changes can occur due to unforeseen circumstances. If you wish to attend any of these meetings, details may be confirmed with Committee Services at County Hall on 2087 2000.

Cardiff company signs
key agreement

A COMPANY based at a Council-run technology park in St.Mellons is leading the way in using garlic to help with health complaints. Neem Biotech Ltd, has signed a licensing agreement with global pharmaceutical company, InQpharm, for manufacturing garlic extracts.

Together Neem and InQpharm will begin further work on compound development and studies to unlock the potential of extracts derived from garlic (*Allium sativum*).

This would be used in products developed for use in functional food, health supplements and herbal drugs to help treat immune, gastrointestinal, cardiovascular, respiratory tract health and other therapeutic areas in humans and animals.

Founded in 1998, the company has been based at Willowbrook Technology Park, St.Mellons since 2006. The company specialises in industrial scale extraction of high value, bio-active compounds from plants and marine sources to high purity levels.

Willowbrook Technology Park

aims to support the development of high-growth knowledge-driven companies to thrive. The accommodation can be adapted for a wide range of applications/business uses with individual units available from 822-2,600 sq ft that can be leased in multiples up to a maximum of 10,000 sq ft.

Deputy Leader for Cardiff Council, with responsibility for Economic Development, Councillor Neil McEvoy, said: "I am delighted to see Neem Biotech linked with InQpharm, who are such a global player in pharmaceuticals. Neem Biotech are waving the flag for the bio science sector in Cardiff and I would like to congratulate them with such a great achievement in signing this agreement."

David Williams, Managing Director of Neem Biotech, said: "We are confident that InQpharm is the right partner to work with us to use our knowledge and patented technologies to develop and commercialise further standardised garlic extracts in a range of human and animal health products."

Cardiff to host international boxing convention

CARDIFF has been announced as the host of an international boxing event which will bring in millions of pounds to the city economy.

The World Boxing Council

Councillor Neil McEvoy led a delegation which travelled to a convention in Las Vegas last month to present the case for the Welsh capital staging the week-long event, with fans

champions and up to 1000 delegates. As part of the event past and present boxing



around £3.2m for the city economy.

Councillor McEvoy said: "It's going to be a massive event and if it's done right it will be comparable to the Ryder Cup.

The WBC representatives were hugely impressed at Cardiff's successful delivery, time and time again, of high profile sporting events including; the Rugby World Cup; FA Cup and Heineken Cup Finals as well as an Ashes test match.

"We made sure that it was clear to them that Cardiff had justifiably earned an international reputation as a world-class sporting and visitor destination. They had already been impressed by the city when we hosted the WBC Night of the Champions in 2010 and I know that there is now great anticipation in Cardiff hosting the WBC Convention in 2013."

He added: "This really is great news for Cardiff and I am confident the city will more than live up to expectations with the long-term legacy of making Cardiff a recognised location for major boxing events in the future."



Former world heavy weight champion Shannon 'The Cannon' Biggs



(Main) Former super featherweight champion Jesse James Leija, 'The Texas Tornado', and (top right) participants at the 2010 WBC Night of Champions outside Cardiff Castle.

(WBC) will be holding its 2013 convention in the Welsh capital with a who's who of boxing legends set to attend.

It is also hoped that a world title bout will take place in the city as part of the event.

Council Deputy Leader

expected to travel from all over Europe to attend.

The WBC 2013 Convention will attract international boxers, promoters, managers, administrators of the sport, trainers, contenders, champions and former

champions will visit charities, local boxing gyms and community projects as well as launching a pilot 'Sporting Chances' project working with young offenders.

It is estimated that the convention will generate



Children from Christ the King get ready to bury the new time capsule

Children unearth their memories

CHILDREN from Corpus Christi High School have taken a nostalgic trip down memory lane, paying a special visit to their old primary school.

In 2006, when the 20 children were in year six at Christ the King Primary School in Llanishen, they performed a special assembly to the rest of the school - the theme of which was being part of a community.

After the assembly they buried some prayers, pictures, a newspaper from the day, a school jumper, toys and work in a special time capsule.

Five years later the children, who are now in year 11 at Corpus Christi, returned to dig up and open the capsule. Everything inside was still intact and the children spent the morning at the school reminiscing about their primary years and 'tweeting' their thoughts and photos of the visit.

After a tour of the school the former pupils sat and watched the current year six lead an assembly on the importance of being a young leader and a buddy.

The current year six then used the same time capsule to bury their own

work and pictures and will be invited back to the school in 2016 to open it.

At the end of the assembly Rachel O'Brien (who is the current Head Girl at Corpus Christi) spoke about the time capsule and how nice it was to be welcomed back into the school community.

Corpus Christi pupil Alice Dent said: "I really enjoyed seeing all my friends again and talking about the happy times at Christ the King."

Bernadette Hancock, head teacher at Christ the King, added:

"We were delighted to welcome back past pupils to our school. Even though they left our school five years ago they are still very important members of our school community."



News in brief

City centre saturation zone to limit spread of new bars and clubs

A special saturation policy for Greyfriars Road and Churchill Way has been adopted by Cardiff Council.

The saturation zone was imposed following concerns by South Wales Police about the impact of licensed premises in the areas around the two roads.

South Wales Police believe that the cumulative effect of the licensed premises operating in Greyfriars Road and Churchill Way gives rise to problems of crime and disorder as well as nuisance which is beyond the control of the individual licence holders.

Greyfriars Road is currently the second busiest road in terms of violent crime within the city centre, seeing an increase of 387 per cent in incidents in the past two years.

Councillor Ed Bridges, Chair of Cardiff Council's Licensing Committee, said: "There was clear support for this proposed new zone when the matter was put out to public consultation earlier in the year, and it also had the unanimous support of Licensing Committee members when we discussed the matter. The character of these two streets has changed immensely over recent years, and our policy has to react to that. However, we will retain a pragmatic approach to licensing, and will consider all applications on their merits."

Bulb planting caps off regeneration scheme

PUPILS from St Philip Evans Roman Catholic Primary School have been planting daffodil bulbs as part of an environmental regeneration project in Llanedeyrn.

The bulb planting marks the completion of two projects in Coed Y Gores which are part of the Council's Neighbourhood Renewal Scheme.

The first is to deter motorcycles from using local footpaths and the second to improve the environment around the convenience store in Coed Y Gores.

Recent feedback from residents and the local neighbourhood policing team have confirmed that there are less motorbikes using Coed Y Gores and that there has been a drop in the number of phone calls to the police.

Deputy Leader and Executive Member for Housing, Communities and Social Justice, Councillor Judith Woodman, attended the bulb planting.

She said: "The projects in Coed Y Gores have improved the quality and appearance of the area around the store. More importantly they have improved safety making it easier for residents to enjoy their local environment and access local facilities."

Every Player Counts for football success

A CARDIFF based disability football initiative has been crowned the largest in Wales and is even set to be mirrored in Malaysia.

Every Player Counts is a project delivered in partnership by Cardiff City Football Club and Sport.Cardiff which aims to get more disabled people involved in football.

Since the launch last October, the programme has attracted over 500 participants with ages ranging from 5 to 45, and has 141 registered playing members.

Groups include Downs Syndrome, physical disability, deaf, learning disability and wheelchair users. Coaching sessions for blind or visually impaired players started in November.

The deaf coaching sessions have had an exceptional uptake and are now the largest in the UK topping those of

Manchester United and Arsenal football clubs. Following this success a senior deaf football team has been established who now participate in the local mainstream Cardiff and District league.

The programme has already enjoyed a series of outstanding achievements. The Downs Syndrome team attended the Premier League Down Syndrome tournament in Fulham and won the Division Two title.

The Under 16's deaf team finished top in the National Deaf Children's Society football tournament held in Derby. Mitchell Price was awarded player of the competition and has since been awarded Disability Player of the Year at the Welsh Football Awards.

The deaf team have also been successful in beating Queens Park Rangers Deaf FC

in the English Deaf Football Association Cup, reaching the quarter finals along with teams such as Leeds United Deaf FC, Everton Deaf FC, Derby County Deaf FC and Charlton Athletic Deaf FC.

Cardiff City Chairman, Dato Chan Tien Ghee (TG) recently visited some of the disability coaching sessions and was impressed by what he saw. He has committed his support to raise the necessary funding for a new wheelchair football team and has voiced his ambition to mirror the 'Every Player Counts' initiative in Malaysia.

Executive Member for Sport, Leisure and Culture, Councillor Nigel Howells said: "This scheme has successfully developed and increased the provision and opportunities for disabled footballers in Cardiff, making the opportunity to play more accessible to everyone."



(Main picture) Mitchell Price shows off his football skills, players from a disability team (top) and Bartley the football mascot

Biodiversity Corner

Biodiversity is all living things. It provides us with food, clothing, medicine, building materials and fuel. It helps reduce stress and aids relaxation. Each month Cardiff Council ecologist **Laura Palmer** will point out some of the great biodiversity you can see across the city.

FEBRUARY

As winter ends February can still be bitterly cold. Plants that had disappeared underground are emerging with snowdrops bringing early flowers. Although these plants are not native to Cardiff, they have become naturalised and can carpet woodland floors.

Also in late winter, hazel catkins start to expand into golden tassels to release their pollen to the wind.

The winter months are a great time to listen for Tawny Owls. In wooded areas at night you may hear the familiar "twit twoo". This is actually two owls. The female call is "Twit" and the male call "Twoo".

I'll be back next month with more biodiversity attractions.



A new chapter for Radyr Library

THE refurbishment of Radyr Library is well underway, with work taking place to improve facilities at the venue.

The work is part of the Council's Libraries Development Programme, with Radyr Library having a full refurbishment and extension.

This will include a new flexible community space available for clubs and groups to use, improved visibility and access within the library, a public toilet, new heating and lighting systems, and new furniture and fittings throughout.

The work will take approximately six months with completion planned for spring 2012.

The Council's Libraries Development Programme has already seen substantial improvements made to several libraries across the city over the last few years. These have included Cathays, Penylan, Llanrumney, Rhiwbina, Grangetown, Llandaff North, Rhydpennau, and Central Library.

Executive Member for Sport, Culture and Leisure, Councillor Nigel Howells, said: "As a Council we

continue to invest in our libraries and library services. Over the past few years libraries across Cardiff have benefited from our Library Development Programme and I am delighted that Radyr Library will now receive improvements thanks to the programme.

"We continue to develop our libraries and recently held a consultation to ask members of the public for their views on library services within Cardiff and this feedback has helped us to ensure libraries offer the services that the community wants and needs."



Work is underway at Radyr Library

All smiles as Ty Storrie opens

A NEW home that offers short break stays for disabled children and young people with complex needs has opened in Cardiff.

Guests, children, their families and staff enjoyed a special tea party with their teddy bears at Ty Storrie to celebrate the opening of the home.

The new state-of-the-art building provides the space and modern facilities to meet a wide range of needs,

including a safe, stimulating and fun experience for children. It also offers families the opportunity to have a short break from the responsibility of caring for their disabled child, which provides important respite for parents and other siblings within the family.

The Council has invested around £1.6m in the construction of the new home, which replaces the Cardiff Short Breaks Service on

Rhydyphenau Road in Cyncoed, offering increased capacity and providing a wider range of needs at the same time. Ty Storrie is part of a development which includes the adjacent Ty Gwyn Special School.

Cardiff Council Leader, Rodney Berman unveiled a commemorative plaque at the party to mark the official opening

of the short break home which, is being run in partnership with Action for Children and the Children's Community Nursing Service (CCNS).

Councillor Berman said: "I'm absolutely delighted

that the new Ty Storrie home is open. This is a fantastic new facility which will really make a difference to the lives of the city's disabled children and their families.

"I am extremely proud to have such an outstanding provision in Cardiff. Through

our partnership with Action for Children and the Cardiff & Vale University Health Board, the new facility will provide an excellent service for vulnerable children and their families, providing them high quality surroundings to meet their needs."

Executive Member for Health, Social Care and Wellbeing, Councillor Kirsty Davies, added: "I am thrilled with the new Ty Storrie home and I'm so pleased that we are able to offer this specialist provision to support our most vulnerable children."



(L to R) Council Leader Rodney Berman with Hannah Parsons; Brigitte Gater from Action for Children cuts the cake with Hannah Parsons and Councillor Berman and (far right) parent Cath Kerry

More trees to be planted across the city

THE Council is currently undertaking a major street tree replacement planting programme.

Over 300 new trees will be planted across Cardiff with a particular focus within the western area of the city.

Trees including Birch, Cherry, Maple, Lime and Apple will be planted in Grangetown, Radyr, Riverside, Canton, Criegiau, Llandaff, Riverside, Caerau and Ely.



It is anticipated that the programme will be completed by the end of January, weather

permitting and the Council plans to accelerate its planting programmes in the south eastern and northern areas of the city during the next two financial years.

Executive Member for Sport, Leisure and Culture Councillor Nigel Howells said: "The replacement programme demonstrates the Council's commitment to ensuring the vitality of the city's street tree stock for the benefit of current and future generations"



(L to R) Contractors Sam Young, Lee Stenner and Joe Truran planting one of the new trees



EACH month the Capital Times will feature an object that The Cardiff Story has in its collection and need our readers' feedback to learn more about it.

In 1877 a poster warned Cardiffians that any dog found "at large" would result in a large fine and the dog being destroyed! This is one example of changing attitudes over time within the city.

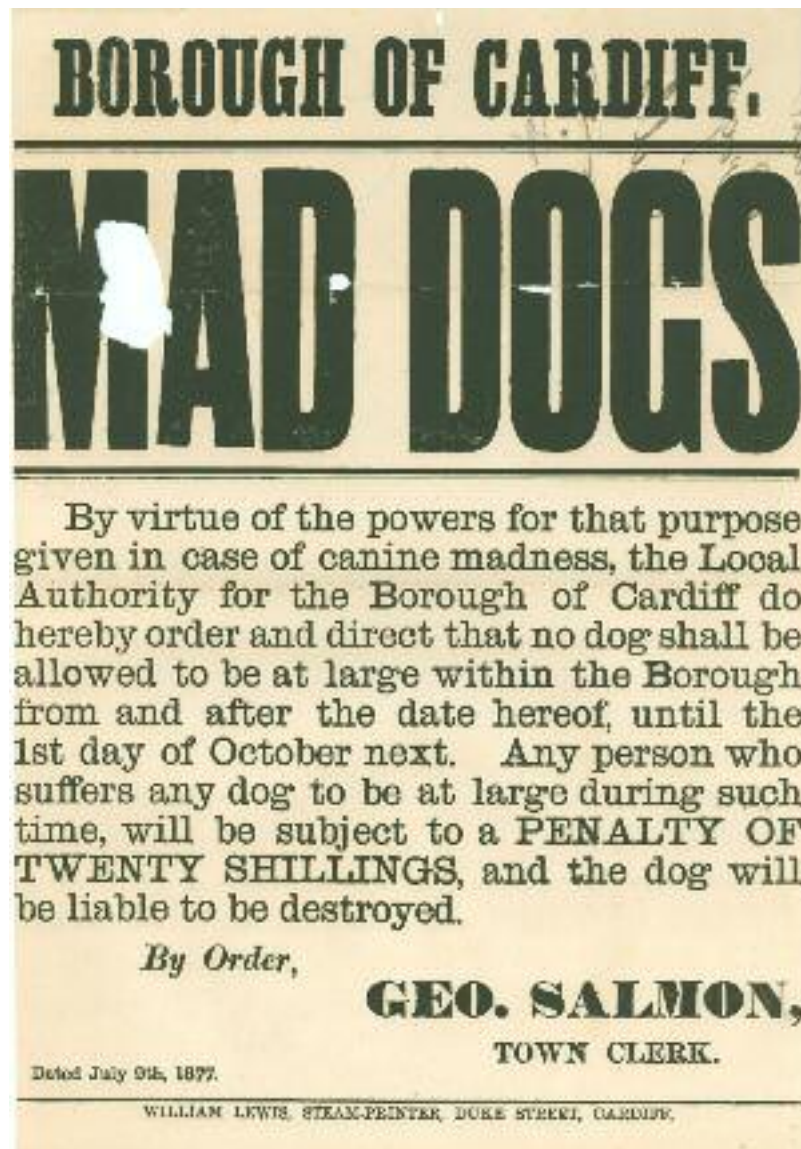
As you can read on page 11 of this month's Capital Times, attitudes have definitely changed with Cardiff Dogs Home doing great work in helping to look after and rehome stray dogs.

If you have any thoughts relating to how attitudes have changed in the city, towards people, events and places then we'd love to hear from you.

Phase one of the new city museum, The Cardiff Story, opened in April this year and

staff are currently hard at work towards a second phase. This will feature a new permanent gallery dedicated to Cardiff's culture, leisure, sport and communities.

The Cardiff Story want to know if anyone has any memories, stories, artefacts or information about life in the city. Please email us at capitaltimes@cardiff.gov.uk or give us a call at 029 2087 1030.



News in brief

New training academy opens

HIJINX Theatre has launched a drama training academy for adults with learning disabilities

The Hijinx Academy will be based at Chapter Arts Centre in Canton and run in partnership with Vision 21.

It will offer a performance training course which will run two days per week (Mondays and Tuesdays) for up to 12 dedicated adults with learning disabilities.

Throughout the first year of the course there will also be the opportunity for Academy students to take part in week-long training residencies.

Course Director Ben Pettitt-Wade said: "We are passionate about creating a route to employment for talented actors with learning disabilities, not just into our own professional touring work, but also into the wider industry."

• For further information, please contact Ben Pettitt-Wade on 029 2030 0331 or email ben.pettitt-wade@hijinx.org.uk



We've teamed up with the City's ultimate entertainment destination, The Red Dragon Centre in Cardiff Bay, to give one lucky family the chance to win an all-inclusive day out for four!

For your chance to win ODEON cinema tickets, two games of bowling at Hollywood bowl, and a complimentary lunch at the award winning Spice Route restaurant, simply send a letter with your

address with post code and daytime contact number to:

CapitalTimes Red Dragon competition,
Room 422,
County Hall,
Cardiff
CF10 4UW

or e-mail capitaltimes@cardiff.gov.uk.

For more info see www.cardiff.gov.uk/capitaltimes

Competition Terms and conditions: Family day out for four includes 2 adults & 2 children or 1 adult & 3 children. There is no cash alternative and all prizes are non-transferable.

WIN EVERYTIME!

Visit thereddragoncentre.co.uk throughout January (and until 12th Feb 2012) and play our new game 'Spin the Wheel' for guaranteed discount vouchers.

The Red Dragon Centre, Hemingway Road, Leisure Village, Atlantic Wharf, Cardiff Bay, CF10 4JY



Sign up for school wheelbarrow competition

REGISTRATION is now open for one of the most popular gardening competitions of the year.

Each year the Royal Horticultural Society (RHS) Show attracts thousands of

and creative feature at the RHS Show, encouraging the next generation of budding gardeners to take an interest in growing and green issues by planting up their wheelbarrows in a colourful

Prizes are awarded to the top three winners, as voted for by the visiting public.

This year's RHS show will run from April 20 to 22 and for the first time the School Floral Wheelbarrow Planting Competition will have a theme - Sports and Shoots.

The entries are being limited to 75 as space at the show is at a premium, so it is important to submit your form as soon as possible to avoid disappointment.

The last date for entries is Friday, February 10. If your school does not have a form and would like to enter, please call 029 2068 4000 to request one or just to ask a question.

Alternatively you can visit www.cardiff.gov.uk/bloom Photographs of previous entries will also be available on this website.

Any school that reuses their existing wheelbarrow will be given £15 National Garden Gift Vouchers to spend on materials and/or plants for their design.



An entry from last year's wheelbarrow competition

people to Bute Park, with one of the main attractions the School Floral Wheelbarrow Planting Competition.

Now in its sixth year, this has become a very popular

and imaginative way.

The competition is now open for 2012 - allowing schools from Cardiff, Caerphilly and the Vale of Glamorgan to show off their design and planting skills.

Pedal Power organises city trike ride



Cardiff Council Chief Executive Jon House and Deputy Leader Judith Woodman meet cyclists on the trike ride.

CARDIFF councillors gave their support to a special trike ride from Pontcanna Fields to City Hall.

'Cycle a Trike in the City' was organised by Pedal Power - the charity whose mission is to make cycling accessible to all - and was aimed at attracting local businesses to sponsor a trike.

Pedal Power has developed an excellent reputation for the work it does with disabled children and adults who depend on adapted bikes so that they can enjoy taking part in a physical activity with their family and friends.

Taking part in the trike ride were councillors Lisa Ford and Iona Gordon and the cyclists met at City Hall by councillor Judith Woodman and Cardiff

Council Chief Executive Jon House.

Councillor Woodman, who is Deputy Leader of Cardiff Council, said: "Cardiff Council was pleased to support this event as Pedal Power is a fantastic charity who do brilliant work in helping people learn how to cycle, as well as being able to accommodate anyone with a disability with specially adapted bikes. This all fits in with the Council's policy of encouraging people to leave the car at home and use bikes more, which is good for improving general fitness and much better for the environment."

Pedal Power operates out of two cycling centres, one near the city centre and one in Cardiff

Bay and offers a full assessment service for potential disabled cyclists who wish to hire out adapted bikes, as well as a range of courses and one off sessions from total beginner to the advanced skills required to cycle safely in traffic.

Sybil Williams, Director of Pedal Power, said: "The trike ride was an excellent opportunity for us to raise our profile and demonstrate to the general public that we're a charity making a difference to people's lives and we're hoping to run this as an annual event and gain some sponsorship next year."

• Further details call 029 2039 0713 or email info@cardiffpedalpower.org or visit www.cardiffpedalpower.org for further information.

Make sure your New Year resolution is Max Active

AS many people are now kicking off new fitness regimes as part of their New Year resolutions – Cardiff Council can lend a helping hand.

As part of the re-launch of its leisure discount scheme the existing Max Card has been merged with the Active Card to offer fantastic value for those wanting to get fit

quick and easy for customers, making discounted leisure rates even more accessible.

For those who are not eligible for the Max Active Card but who still wish to take advantage and receive value for money at their local leisure centre the Active Card is available, offering great value for money for those

Many Council leisure facilities have recently undergone refurbishment, transforming them into light, contemporary environments with all the very latest gym equipment and amenities such as, swimming pools, fitness classes, racquet sports, athletics provision and cycling.

Executive Member for



and improve their health and wellbeing for 2012.

The new Max Active Card is currently available to Cardiff residents who are in receipt of benefits or aged between 16 to 18 years and in full-time education.

The scheme offers discounts of up to 50 per cent on all activities at Cardiff Council leisure facilities.

Eligible customers can now obtain a Max Active Card from any Cardiff Council Leisure centre absolutely free of charge, which is both

wanting to get fit. This is an all inclusive scheme which allows customers comprehensive use of 11 leisure facilities across the city.

By signing up to the scheme and opting to become a committed member they will also enjoy the benefits of the 'price for life offer'. This means customers will pay the same price for their Active Leisure membership for as long as they remain members of the scheme, providing they commit for 12 months.

Sport, Leisure and Culture, Councillor Nigel Howells, said: "Max Active heralds an exciting new era for discounted leisure in Cardiff.

"The new scheme will provide a simple, fuss free way to enable those who are eligible to sign up and start using first class leisure facilities immediately in order to develop a healthy and active lifestyle."

• For more information about how you can enjoy leisure for less go to www.cardiff.gov.uk/max or visit your local leisure centre.

Normandy veterans honoured

THE Lord Mayor and Lady Mayoress greeted some very special guests when the Mayor of Amaye, accompanied Normandy veterans at the Mansion House in Cardiff.

Amaye, a Normandy village, has forged close links with Welsh Normandy veterans after a plaque was unveiled commemorating the village's liberation by the 53rd (Welsh) division following the German retreat in August 1944.

This visit was an opportunity to express appreciation of the villagers' action, not just on behalf of survivors of the Welsh Division and their regimental successors but also by the people of Wales



The presentation medal

as a whole.

The Mayor of Amaye presented Councillor Bowen with a special medal before going on to join the South Wales Normandy veterans at their annual Christmas dinner.

The Lord Mayor, Councillor Delme Bowen, said, "I was delighted to meet the Mayor of Amaye and his party. It was also an honour to meet the Normandy veterans who performed such a service to Britain and the people of France in the Second World War.

"It is heart-warming that the villages of Normandy still remember these brave men and commemorate them accordingly. It leads

to long standing friendships between the people of Normandy and South Wales which is very important, their actions must never be forgotten. Long may it continue."



Cardiff Lord Mayor Delme Bowen (centre) with the Mayor of Amaye and Normandy veterans at the Mansion House.

Your area - Cardiff Central

Each month the Capital Times will focus on a different area of the city.

Adamsdown			Cathays					Cyncoed			
	John Dixon 2025 5667 jdixon@cardiff.gov.uk	Nigel Howells 2046 5233 nhowells@cardiff.gov.uk		Jon Aylwin 2041 0678 Jaylwin@cardiff.gov.uk	Elizabeth Clark 2063 0311 eclark@cardiff.gov.uk	Simon Pickard 2023 0471 spickard@cardiff.gov.uk	Simon Wakefield 2056 9657 swakefield@cardiff.gov.uk		Margaret Jones 2075 8175 mjones@cardiff.gov.uk	Kate Lloyd 2075 3710 klloyd@cardiff.gov.uk	David Rees 2075 0310 davrees@cardiff.gov.uk
Pentwyn					Penylan				Plasnewydd		
	Joseph Carter 2073 4659 jcarter@cardiff.gov.uk	Paul Chaundy 2073 4313 pchaundy@cardiff.gov.uk	Keith Hyde 2073 2807 khyde@cardiff.gov.uk	Judith Woodman 2054 1534 jwoodman@cardiff.gov.uk		Patricia Burfoot 2048 8796 pburfoot@cardiff.gov.uk	Bill Kelloway 2075 6886 bkelloway@cardiff.gov.uk	Freda Salway 2065 7315 fsalway@cardiff.gov.uk		Rodney Berman 2031 0554 rberman@cardiff.gov.uk	
Plasnewydd											
	Richard Jerrett 2048 4957 rjerrett@cardiff.gov.uk	Elgan Morgan 2048 5012 elmorgan@cardiff.gov.uk	Mark Stephens 2025 4186 mstephens@cardiff.gov.uk								
											

Where to find your nearest

COMMUNITY HALL

Penylan Library & Community Centre

Penylan Road
2078 8400
penylancommunitycentre@cardiff.gov.uk

Plasnewydd Community Hall

Shakespeare St
2048 0739
plasnewyddcommunityhall@cardiff.gov.uk

DAY CENTRE

Llanedeyrn Day Centre

The Maelfa
2073 2533

HOUSING OFFICE

North district housing office (Llanedeyrn, Pentwyn)

Maelfa Shopping Centre

Llanedeyrn

2053 7111

housingenquiries@cardiff.gov.uk

LEISURE CENTRE

Pentwyn Leisure Centre

Bryn Celyn Road
2054 9211
PentwynLeisureCentre@cardiff.gov.uk

NEIGHBOURHOOD LEARNING CENTRE

Cathays Neighbourhood Learning Centre

Cathays High School, Crown Way
2069 2044
cathaysac@cardiff.gov.uk

The Friary Neighbourhood Learning Centre

The Friary
2022 7472/3
friaryac@cardiff.gov.uk

Howardian Centre

Hammond Way, Penylan
2043 2700
Howardianac@cardiff.gov.uk

YOUTH CLUB

Cathays Youth Club

Cathays Youth & Community

Centre, Cathays Terrace

2037 3144

City Centre Youth Project/Grassroots

58 Charles Street
2023 1700

Howardian Youth Activity Club

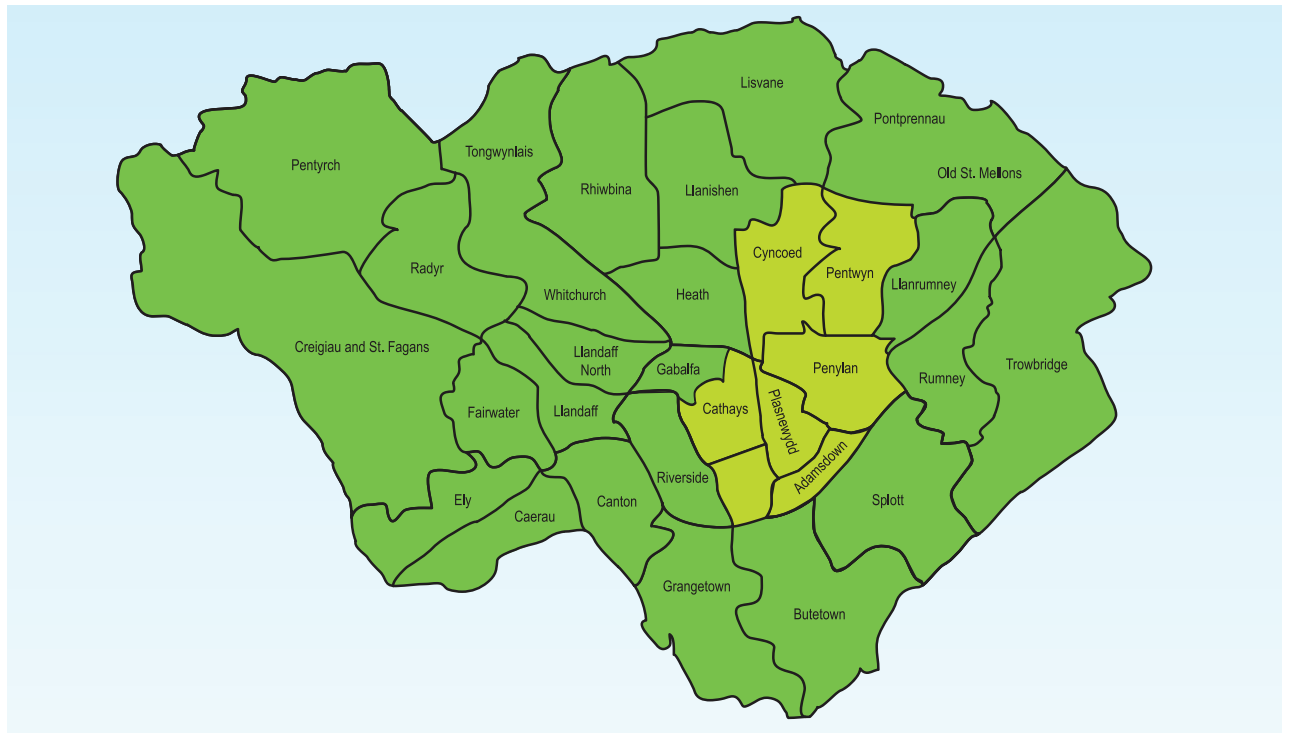
Hammond Way, Penylan
2048 3681

Llanedeyrn Youth Club

The Power House, Round Wood, Penylan
2054 9650

Pentwyn Youth Club

Pentwyn Community Centre, Brynheulog, Pentwyn
2054 1409 / 2054 9033



Llanrumney pupils reinvent breakfast

A NEW and exciting breakfast snack created by pupils from Llanrumney High School is being sold in school canteens throughout Cardiff.

The Breakfast Tortilla comes in three flavors and was designed Year 9 pupils Daniel Cooper and Marcus Lewis from Llanrumney High School.

The young entrepreneurs designed the healthy breakfast snack as part of Cardiff Council's Live 'n' Cooking competition.

Marcus said: "It is brilliant seeing our idea being sold in the school canteen and amazing to think that every school in Cardiff is also selling them."

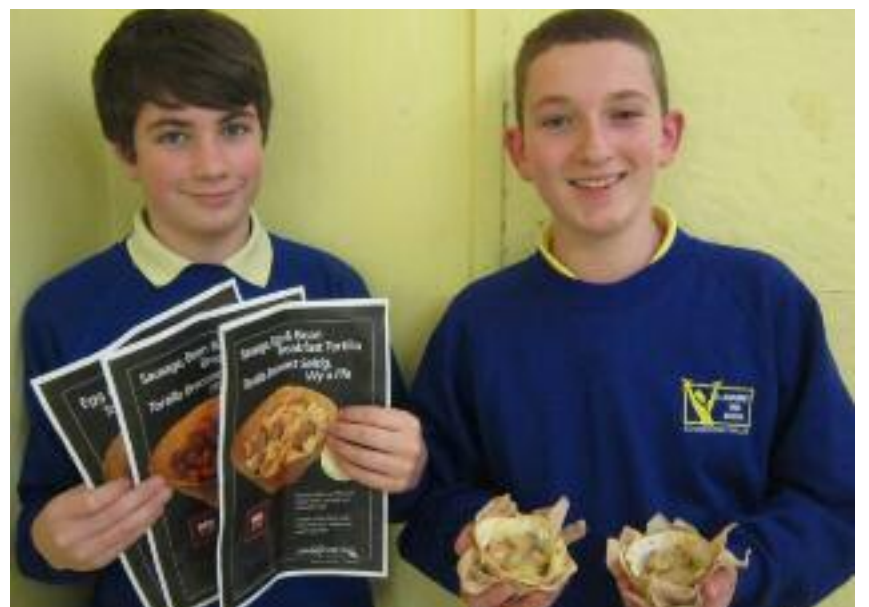
"We wish we were getting a share of the profit," added Daniel. "Next time we will go and see the Dragons Den team!"

Catering Manager Julie Johanson at Llanrumney High School said that the Breakfast Tortillas have proven very popular.

"We have been telling the pupils that it is just like

having a mini cooked breakfast in your hand, they are proving very popular and we are regularly selling out of them."

The breakfast snacks are the first product to be sold from the Live 'n' Cooking competition which challenged pupils to design and make a healthy food product.



Marcus and Daniel with their popular breakfast tortillas

Young people have somewhere to turn @33

A GROUP of young people from Cardiff have received life changing support thanks to a new partnership between statutory and voluntary organisations in the city.

The 16 to 18 year olds, previously not in education, employment or training, were able to speak about their experiences at the launch of @33, the multi-agency centre which has been set up at the Careers Wales Cardiff and Vale's Youth Gateway Centre in Charles Street, Cardiff.

The centre enables young people to have direct access to a range of services to help them overcome the problems and sometimes complex barriers they may face as they move into adulthood and working life.

Probably the first of its kind in Wales @33 brings together careers advisers, youth workers, counsellors, and other representatives from a range of organisations including Careers Wales Cardiff, Cardiff Children and Young People's Partnerships, Cardiff and Vale 14-19 Networks, NHS Child and Adolescent Mental Health Services and Action for Children.

Councillor Judith Woodman, Deputy Leader of Cardiff Council, praised the "combined efforts of partners to provide a wrap around service to support vulnerable 16 and 17 year olds at @33." She said: "Young people can surely only benefit from the ability to access a range of discrete services, both statutory and voluntary from these premises. The clear links between providers to address the accommodation, employment and health needs of this vulnerable client group, will ensure that all the services delivered from @ 33 will offer a truly holistic response to young people." Mark Freeman, Chief Executive of Careers Wales Cardiff and Vale said: "When we opened this building three years ago, our vision was to create a unique centre to enable us to work together with partners to meet the needs of vulnerable young people accessing our services. Building stronger partnerships with specialist agencies @33 means we can further enhance services to ensure all young people who come to us take their rightful place in society."



Councillor Woodman (centre) during her visit to @33.

Who are your Butetown Heroes?

ARTIST Janet Hodgson has been commissioned by the Loudoun Square Project Partners to make a new art work to celebrate the history of the people of Butetown.

The art work will be part of the opening of the new community space at Loudoun Square which forms part of the £13m regeneration of the area and is due to open in March.

Janet Hodgson has proposed to make a new film called Statues, to be installed in the foyer of the new community space. The film will be made with the residents of Butetown.

Janet, together with local filmmaker Glen Biseker, has

set up 'Butetown Heroes' a small production company and they have spent the last few months talking to people from the community collecting their nominations of the people they would like to celebrate in the new film.

They are currently hunting down photographs of these people and are particularly interested in images of them out and about in the streets of Butetown.

Janet plans to restage these photographs with local people portraying the heroes in the pictures. These restaged images will form the content of the film.

Janet is currently on the

lookout for look-a-likes from the photographs to come forward and take a starring role in the film.

If you would like to nominate a hero or get involved in the film, you can contact Janet on 07949 605972 or at janetannhodgson@yahoo.co.uk and Glen Biseker on 07881 877207 or at gmbiseker@gmail.com.

The project has been commissioned by Addo (www.addocreative.com) on behalf of the Loudoun Square Partnership which is made up of Cardiff Community Housing Association, Leadbitter, Cardiff County Council, and the Cardiff & Vale University Health Board.



Cardiff Community Safety Sergeant, James O'Donnell, offers crime prevention advice to Capital Times readers.

OVER the festive period some lucky individuals may have received gifts of laptops, iPhones, iPads, smart phones and other forms of electronic media. Unfortunately, these are the sort of high value items that criminals target.

Police in Cardiff are encouraging people to download free tracking applications in an attempt to increase the likelihood of reuniting the owner with their goods should they be stolen or lost.

This technology allows the owner to track their goods,

via GPS, take a screen shot (photo) of the thief, remotely 'lock' your PC so that access to files can't be gained and allow you to 'wipe' the hard drives so that your personal data remains safe. Therefore, once lost, the user can ascertain the item's location and contact the police for further assistance in finding and reclaiming their property.

One man was recently sentenced to 18 months in prison for a burglary in Roath after he was tracked using a previously downloaded application on an iPhone.

The public are also encouraged to register their property on www.immobilise.com

By loading the serial numbers of your electrical goods on this site, the details are recorded on the National Mobile Property Register. This database can be accessed the police. If property is stolen, and subsequently recovered by police, it can assist in identifying the perpetrator as well as in returning the property to the rightful owner.

Lunch clubs offer a warm welcome

TWO lunch clubs operating in north Cardiff have been heralded for giving an outlet for older residents.

During the winter months many older people are reluctant to go out, and can easily become isolated. The Radyr and District Good Neighbour Scheme, which is partly funded by Cardiff Council, runs two lunch clubs, in Radyr and Pentyrch, which are proving very popular.

These lunch clubs are not just about getting a hot meal they also provide much needed companionship and help to

prevent social isolation.

All helpers at the lunch clubs are volunteers and diners who are unable to use public transport are given lifts by volunteer drivers.

Pupils from local schools also come to entertain the members and this helps to link the younger and older members of the community. Much of the food served at the lunch clubs is bought from the Council's Meals on Wheels service.

Barbara Willis, lunch club co-ordinator, said: "As people get older it can be difficult to make new friends. Social isolation is

terrible and can cause depression and all sorts of other problems. We have had members at our lunch club who only leave home once a week - when one of our volunteer drivers brings them. For many of our members it is the main social event of the week.

"We try to make our members feel they are part of a caring community. These days families are scattered around the country, or the world and we like to think of our groups as an extension of the family. Lunch clubs do not just feed the body, in some ways they feed the mind as well."

- The two lunch clubs meet every week at 1pm. On Tuesdays in Pentyrch Village Hall and Fridays in The Old Church Rooms, Radyr, with a hot, two course meal, hot drink and a raffle. Meals are currently £3.50 in Pentyrch and £4 in Radyr.

Age Concern Cardiff also produces a directory of activities for older people on its website www.age-concern-cardiff.org.uk where there is information about 25 different lunch clubs throughout the city.



(L to R) Lunch club volunteers Mary Barnes, Sue Philpott and Karen Whitecross



Diners at the Radyr Lunch Club



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(029) 20 537 537

Proud to Deliver



Cardiff Dogs Home has high hopes for 2012

CARDIFF Dogs Home is kick-starting the New Year by launching the 2012 leg of its ongoing fundraising campaign which aims to raise money to help improve the centre's current facilities and fixtures.

As part of the upgrade, it is hoped that enough money can be raised to replace the home's existing metal kennels and improve the location's layout.

The Friends of Cardiff Dogs Home is an independent group of dedicated volunteers which supports the home in a variety of ways, including:

- Helping to exercise the dogs by volunteering as a dog walker
- Arranging fundraising events to support a refurbishment of the home
- Promoting responsible dog ownership
- Raising awareness of the centre and its inhabitants with the aim of finding good, loving families for each of the dogs.

Since forming last July, the Friends of Cardiff Dogs Home - which currently has 246 members signed up - has got off to a brilliant start by staging a number of meet and greet sessions at supermarkets and stores across Cardiff. At these events, volunteers brought along some of the dogs that are desperately looking for new homes to see if they could be matched with suitable families. They also managed to raise an amazing £900 as a result of their Christmas Fayre and Dog show, which was held on December 4.

Councillor Margaret Jones, Executive Member for the Environment, said: "I would like to thank everyone who has supported the home, its staff and dogs during 2011.

"The next twelve months will be an exciting time with a number of changes being made to the home to help refresh its image and make it more easily accessible. This

includes the launch of a new user friendly website which should go live early spring."

For more information about Cardiff Dogs Home and Friends of Cardiff Dogs

Home, please visit www.cardiff.gov.uk/dogshome or <http://www.friendsofcardiffdogshome.org.uk/>

Homeward Bound?

Following our hugely successful Christmas campaign, which we ran with the Echo in December, seven of the dogs that were

featured have now been successfully re-homed thanks to kind-hearted Echo readers getting in touch. This included miniature

schnauzers Jake and Gypsy, the mother and son 'pair' that needed to be re-homed together. But we're now calling on all animal lovers to

help us find new homes for the New Year for the remaining six, who are some of the longest staying residents at the home.



Malibu – Collie Cross (5-6 years old)

Malibu likes children aged 6 and over. He is housetrained and very kind. He has taken part in a sponsored walk in aid of the George Thomas Hospice. He was pretty excited to start with but settled down nicely and was quite tired by the end.



Snoop – Lurchery Crossbreed

Snoop is very sweet and loves people. She loves going for walks and she is very playful. Snoop needs a little lead training as she is very excitable when out on a walk and she would also benefit socialisation classes.



Jason – Young Staffy Crossbreed (12-18 months)

Jason is a lovely dog and fantastic with people. He loves his cuddles, going for walks and playing with toys. Jason's ideal home would have no other pets and would benefit from an owner familiar with the 'Staff' breed. He will also benefit from training and socialisation classes.



Harvey – English Bull Terrier Cross (10-12 months)

Harvey is a striking looking dog with a lovely personality. He is very shy when meeting strangers. He needs an owner with plenty of patience in order to give him the confidence he needs. Harvey needs a home with no children.



Millie – American Bulldog (3 years)

When Milly came into the dog's home she was a nervous wreck but now she is so happy and affectionate that every member of staff has a soft spot for her! She will need a strong, confident owner and a home with no children.



Squidge – Crossbreed (12-14 months)

Squidge loves being out on the lead and is beginning to enjoy meeting new people. She mixes well with most other dogs and she has been around children (aged 12+). She was very shy but her self confidence has improved considerably.

For further information, please contact Cardiff Dogs Home on 029 2071 1243 or visit our website www.cardiff.gov.uk/dogshome



News in brief

Gardener's night school

CARDIFF Allotment's Gardener's night school is starting its spring term course on propagation.

Starting on Thursday, January 12, the course will run for 10 weeks, and will take place at Maesycod Road Community Centre (opposite the bakery), with each lesson lasting from 7pm to 9pm.

There are a maximum of £30 places and the cost to cover the course and materials is £50. The course will look at propagation principles, raising seedlings indoors, transplanting seedlings, the principles of grafting (including grafting your own apple trees), vegetative division, taking cuttings, companion planting and the importance of pollinating insects.

For further information call Cam Burgess on 029 2075 1321 or Dawn Gibbens, the chairman of Cardiff Allotment Holders Association, on dawngibbens@btinternet.com

Community hero to take part in civic events

THE winner of a community award has been asked to take part in a variety of civic events by the Lord Mayor of Cardiff, Councillor Delme Bowen.

Rosaleen Moriarty-Simmonds has spent her life championing the cause for disabled people and was recently been presented with the first ever Owain Glyndŵr Seren Award.

The awards were created to recognise the unsung heroes of Cardiff who go the extra mile to help others.

The Lord Mayor recently invited Rosaleen to the Mansion House where it was agreed she

would take part in a variety of civic events to recognise her achievements.

This started with the Service of Nine Lessons and Carols at St. John the Baptist Church last month and will also include the St. David's Day Celebrations on March 1.

Rosie was born with missing arms and legs as one of the Thalidomide babies born in the late 1950s early 1960s.

In championing the cause for disabled people, Rosie has campaigned at both a local and national level for greater disability legislation. And she has

worked closely with the Disability Rights Commission to ensure the Disability Discrimination Act 1995 was recognised as a valid tool for promoting equality for disabled people.

In the last 19 years Rosie has been at the forefront of promoting disability equality issues in Wales and has been an inspiration to many, including her husband Stephen Simmonds who himself is Thalidomide impaired and nominated Rosie for the Owain Glyndŵr Seren award.

Councillor Bowen said: "I was delighted to welcome Rosie and

her family to the Mansion House and to discuss her participation in the events we have planned in the forthcoming months. I would also like to congratulate Rosie again on becoming such a worthy winner of the first Owain Glyndŵr Award, she really is a fantastic role model."

• The four day 2012 St. David's Day Festival aims to highlight the National Day, to find out more information visit www.cardiff.gov.uk/stdavidsday or www.caerdydd.gov.uk/dyddgwyl



Rosaleen Moriarty-Simmonds with Lord Mayor Delme Bowen

Capital Events...



Another event brought to you by Cardiff Council www.cardiff.gov.uk or Call C2C on 2087 2087

New Theatre

Tel: 2087 8889
Web: www.newtheatrecardiff.co.uk

Robinson Crusoe & the Caribbean Pirates

Saturday, December 10 - Sunday, January 22
An abundance of comedy and spectacular costumes starring Christopher Biggins and ventriloquist Paul Zerdin. Matinee and evening performances on most days, except Sundays. Call 029 2087 8889 to book.

Moscow State Circus

Friday, February 3 - Sunday, February 5
Friday 7.30pm; Saturday 2pm & 8pm; Sunday 2pm & 5pm
The Moscow State Circus brings its latest and most spectacular show ever, the sensational Babushkin Sekret.

Star Quality

Tuesday, February 7 - Saturday, February 11
Evenings: 7.30pm; Thursday & Saturday matinees: 2.30pm
Noël Coward conjures up a wickedly observant satire of the backstage world of talent and treachery and a gallery of unforgettable characters.

James O'Donnell Lunchtime Concerts

Tuesday, January 17, 1pm
Hear much-loved organ works by J S Bach and Franck alongside more modern counterparts.

Roots Unearthed

Tuesday, January 17, 8pm
Widely recognised as one of Americana's finest songwriters, Tom Russell is mostly identified with the Texas Country music tradition and also incorporates elements of folk and Tex-Mex.

The Classic Rock Show

Wednesday, January 18, 8pm
The finest musicians on the planet perform an amazing mix of selected album tracks from the ten best selling rock albums of all time.

Nigel Kennedy

Thursday, January 19, 7.30pm
This performance features members of Nigel Kennedy's band and Orchestra of Life; as well as his new composition, the Four Elements.

BBC National Orchestra of Wales - Tchaikovsky Manfred Symphony

Friday, January 20, 7.30pm
The Manfred Symphony's sheer intensity and dramatic

Paul Carrack in Concert

Wednesday, January 25, 7.30pm
Legendary Sheffield-born singer, songwriter and former frontman of Ace, Squeeze and Mike & The Mechanics returns.

Omid Djalili

Thursday, January 26, 8pm
Multi Award winning stand-up television and movie star, Omid Djalili is back on tour with his brand new comedy show.

Orchestra of Welsh National Opera

Friday, January 27, 7.30pm
In its heart-felt lyricism and power, the Second Symphony is one of the most dearly loved of all Rachmaninov's works. Conductor/Soloist Frédéric Chaslin.

Beyond the Barricade

Saturday, January 28, 7.30pm
Recreating original West End and Broadway musical hit songs with amazing authenticity and a starring cast of past principal performers from Les Misérables.

56th Lord Mayor's Matinee

Sunday, January 29, 2pm
Cardiff YMCA presents a thrilling concert showcasing the talents of young people from all over Cardiff featuring contemporary ballet, modern, tap and ballroom dancing.

Lunchtime Concert

Tuesday, January 31, 1pm
Cellists, Philip Higham, will bring Schubert's creative and exciting Arpeggione Sonata to life, alongside Rachmaninov's brooding and dramatic Sonata in G Minor.

Thin Lizzy - The Boys are Back On Tour

Wednesday, February 1, 7pm
Thin Lizzy is one of rock music's most recognizable names with special guests, Clutch.

An Evening with Tony Benn

Thursday, February 2, 7.30pm
The veteran Labour politician Tony Benn will be talking about his life in politics and what he thinks about the changes in the Labour party.

Carnival Du Vampires Rock

Friday, February 3, 7.30pm
With a twist of rock, a hint of comedy and jam packed with the greatest classic rock anthems you know and love.

Strictly Golden Oldies Tea Dance

Friday, February 3, 1.30pm
Join everyone's favourite, Stan Stennett, for an afternoon of dancing and fun at his Strictly Golden Oldies Tea Dance.

Johann Strauss Gala

Saturday, February 4, 7.30pm
Waltz back in time to the glittering ballrooms of 19th Century Vienna with an enchanting mix of music, song and dance from the Strauss Family and Friends.

Straight No Chaser

Sunday, February 5, 7.30pm
Originally formed over a dozen years ago while students together at Indiana University, the group has reassembled and re-emerged as a phenomenon.

Lunchtime Concert - Royal Welsh College of Music and Drama

Monday, February 6, 1pm
RWCMD student David Doidge showcases Shostakovich's

sparkling keyboard writing in this Piano Concerto written for the composer's son. (Conducted by David Jones)

City of London Sinfonia - Scott of The Antarctic Centenary Concert

Tuesday, February 7, 7.30pm
Here the original film music is heard alongside Vaughan Williams' Symphony No 7 Antarctica, weaving music from the film into a powerful tapestry (Conductor Stephen Layton).

BBC National Orchestra of Wales - Sibelian Landscapes

Friday, February 10, 7.30pm
Sibelius's Violin Concerto will draw you into a powerful dark natural world of intense slow-burning passion (Conducted by Jac van Steen).

Cardiff Castle

Tel: 2087 8100

'Wounded' Exhibition - Museum of the Welsh Soldier

Friday, January 13 - end of April
This exhibition looks at the treatment of soldiers on the front-line, using objects from The Boer War and the First World War. Entrance to the exhibition forms part of Cardiff Castle admission prices.



Star Quality

St David's Hall

Tel: 2087 8444
Web: www.stdavidshallcardiff.co.uk

Alessandro Taverna

Tuesday, January 10, 1pm
Stretching from the technical brilliance of Mendelssohn's Fantasy to a series of preludes by Rachmaninov, full of drama and romantic colours.

The Soldiers

Thursday, January 12, 7.30pm
The Soldiers created history by being the first group of serving soldiers to hit the British pop charts.

power promises to sweep you away. Stephen Hough plays Rachmaninov's Piano Concerto No 1 (Conducted by Tadaaki Otaka).

The 10 UK tenors

Sunday, January 22, 7pm
British Heart Foundation Cymru kick start the New Year with a once in a lifetime special Gala Concert. All proceeds will go to British heart Foundation Cymru's Mending Broken Hearts Appeal. Please Note: This performance is by the 10 UK tenors and not the Ten Tenors of Brisbane, Australia.

The Johnny Cash Roadshow

Tuesday, January 24, 7.30pm
Clive John and The Spirit Band present "The Johnny Cash Roadshow".

Museum of the Welsh Soldier - 'Wounded' Exhibition



Park Events

Tel: 2068 4000

Conservation afternoon in Bute Park

Sunday, January 15, 2pm - 4pm
Meet at the Ambulance Station entrance to Bute Park. Refreshments and gloves will be provided. Please bring warm waterproof clothing and suitable footwear for muddy conditions. Free.

Walk off Christmas at Hailey Park and Forest Farm

Sunday, January 15, 10.30am - 1pm
Meet at the Melingriffith Water Lift Engine, Ty Mawr Road. Join Friends of Hailey Park and the Friends of Forest Farm for a walk. All ages welcome. Dogs are welcome. Free.

Libraries

Tel: 2038 2116

Web: www.cardiff.gov.uk/libraryevents**Children's activities**

Cardiff Libraries provide free Rhyme Time, Story Time and Language and Play sessions for babies and toddlers. Central Library, The Hayes, has Rhyme Time for 0-2 year olds every Wednesday and Thursday morning at 10.30am. Please book a place by telephoning 2078 0953 or emailing childrenslibrary@cardiff.gov.uk. Story Time for 2-4 year olds in Central Library is on Tuesdays and Fridays at 10.30am. We also have lots of activities happening across Cardiff. Contact your local branch library to find out what activities are available for young children close to your home.

Canton Library 2022 9935
Cathays Library 2078 5580
Ely Library 2056 2064
Fairwater Library 2078 5583
Grange Town Library 2023 0526
Llandaff North Library 2061 3182
Llanedeyrn Library 2073 1428
Llanishen Library 2075 0634
Llanrumney Library 2078 0994
Penylan Library 2078 8400
Radyr Library 2084 2234
Rhiwbina Library 2069 3276
Rhydyppennau Library 2075 4657
Roath Library 2049 4538
Rumney Library 2079 5834
Splott Library 2046 2522
St Mellon's Library 2078 0992
Whitchurch Library 2062 8951

Coffee Morning

Rhydyppennau Library. Every last Friday of the month. Fairtrade Tea and filter coffee provided. Quizzes, newspapers and crosswords available. Call 2075 4657 for details.

Live Music

Central Library. Saturday from 1pm. A wide range of artists performing live. Call the library on 2078 0959 for details.

Wales Millennium Centre

Tel: 08700 40 2000

Web: www.wmc.org.uk.com**Oliver!**

Saturday, December 10 – Saturday, January 21
 Bringing to life Dickens' timeless characters with its popular story of the boy who asked for more.
 Contact 2063 6464 for further details.

Afternoon Concert with Kristjan Jarvi

Wednesday, January 11, 2pm
 Two great masterpieces from Martinu and Stravinsky, written at the outset and close of the Second World War.

The Fighting Films Commonwealth Judo Championships Cardiff 2012

Monday, January 23 - Wednesday, January 25, 9am and 6pm
 This is the first international sporting fixture of the Olympic year and the first to be held at the WMC, where the Donald Gordon Theatre will be transformed to hold the Championships.

National Dance Company Wales

Thursday, January 26, 7.30pm
 Wales' national dance company and one of the Centre's resident organisations return with a new programme of international work.

Norwegian Church Arts Centre

Tel: 029 2087 7959

Zumba Dance Classes

Every Monday starting from January 9, 5.30pm – 6.30pm.

Street Dance Classes

Weekly "Pay As You Go" classes every Tuesday starting from January 10, 5.30pm - 6.30pm.

Yoga classes

Every Thursday starting from January 12, 6.30pm – 8pm.

Bill Wheelers Watercolour Workshop

Various dates, 9.30am - 4.30pm. For details on dates, visit www.norwegianchurchcardiff.com or call 2087 7959.

City and Bay EventsEmail: events@cardiff.gov.ukEmail: Eventsmarketing@cardiff.gov.ukwww.cardiff.gov.ukwww.cardiff-festival.com

2087 2087

All events subject to confirmation.

Information on the L8 (late) night bus service is available from: 0870 608 2608 and www.cardiffbus.com

Community Event

Every Saturday, 9.30am – 1pm
 Roath Art & Craft Bazaar in conjunction with the local Farmers' Market at Mackintosh Sports & Social Club, 38 Keppoch Street, Roath. Free entry.

Rhiwbina Floral Society

If you would like to try your hand at flower arranging and make new friends with the same interests come and join us. We meet at Rhiwbina Memorial Hall, Lon Ucha, CF14 6HL. Every first and third Tuesday of the month. Look us up on www.rhiwbinafloralsociety.org.uk

Cardiff Philatelic Society

If you collect or are interested in stamps, postcards or postal history why not come along and meet some like minded people. We meet Tuesday evenings 7.30pm at Llanishen Baptist Church, Fidas Road, Llanishen, CF14 5LZ. For further information, visit www.cardiffphilatelicsociety.org.uk

The Gate Arts and Community Centre

For performance information please visit www.thegate.org.uk or call 2048 3344.

Sherman Cymru

For performance information please visit www.shermancymru.co.uk

David Jones in Focus Exhibition - National Museum Cardiff

Friday, November 5 – Sunday, March 4
 A selection of work from our outstanding collection of works by the artist.

Performers Exhibition - National Museum Cardiff

Opens Tuesday, December 6
 Portraits of Welsh actors and musicians.

Captain Scott: South for Science Exhibition - National Museum Cardiff

Saturday, January 14 – Sunday, May 13
 Captain Scott's expedition to the South Pole a hundred years ago explored this last great frontier, and brought back new knowledge of the continent's rocks, weather and wildlife.

Cardiff Coffee Concert: Frith Piano Quartet - National Museum Cardiff

Sunday, January 15, 11.30am
 Dvorák: Piano Quartet No. 1 in D, Op.23. Brahms: Piano Quartet No.1 in G minor, Op.25. For ticket information, visit www.museumwales.ac.uk or contact New Theatre

Box Office 2087 8889.

Lunchtime Concert - National Museum Cardiff

Sunday, January 15, 1pm
 Chamber music from the woodwind department at the Royal Welsh College of Music & Drama.

Origins Lunchtime Talk - National Museum Cardiff

Wednesday, January 18, 1.05pm
 Subduing the Silures: Neath and the Roman invasion of south Wales.

Ask the Gardener: Pruning Fruit Trees - St Fagans: National History Museum

Wednesday, January 18
 Drop into Kennixton Farmhouse Garden and pick up some handy hints.

Meet the Woodcarvers - St Fagans: National History Museum

Saturday, January 21, 10am-5pm
 Call into Oakdale Workmen's Institute to chat to see how a lovespoon is made.

The Spring Gap in Iron Age Wales - St Fagans: National History Museum

Saturday, January 21, 11am-1pm (Welsh) & 2pm-4pm (English)
 The 'Spring gap' was difficult time of year for people in the Iron Age, as food supplies ran very low, find out more about how they survived.

Celebrating Dwynwen: Chocolate House - St Fagans: National History Museum

Saturday, January 21 – Sunday, January 22, 11am-1pm & 2pm-4pm
 Chocolate House takes over Tŷ Gwyrdd to demonstrate how it's made and hand pick volunteer tasters!

Celebrating Dwynwen: Heart Cart - St Fagans: National History Museum

Saturday, January 21 - Sunday, January 22, 11am-1pm & 2pm-4pm
 Come and make a card to celebrate St Dwynwen's Day at this family art session.

America - A Celebration in Brass - Royal Welsh College of Music & Drama

Sunday, January 22, 2.30pm
 A sumptuous and brassy celebration of the best of American music. For further information please call 2039 1391 or visit www.rwcmd.ac.uk

Ask the Gardener: Pegging Down Roses - St Fagans: National History Museum

Wednesday, January 25 2pm – 3pm
 Pegging down roses is easy when you know how. Drop into the Castle Rosery to find out more.

Taith Iaith - National Museum Cardiff

Thursday, January 26, 1pm
 Welsh-language guided tour of the art galleries.

Organ Recital - National Museum Cardiff

Friday, January 27, 1pm
 A recital on the Williams-Wynn 18th-century organ. Sponsored by the Friends of Amgueddfa Cymru – National Museum Wales.

Family Film Club - National Museum Cardiff

Saturday, January 28, 2pm
 The latest in the popular and award winning series about a Hong Kong pig. Language: Cantonese. Subtitle: Chinese, English.

Garden Birdwatch - National Museum Cardiff

Saturday, January 28 and Sunday, January 29, 11am, 1pm & 3pm
 Discover the birds in your garden and make a bird feeder to take home.

Chinese Crafts - National Museum Cardiff

Saturday, January 28, 11am - 4pm
 A day of Chinese-inspired workshops, learn to write your name in Chinese.

Starting from Scratch Exhibition - National Museum Cardiff

Until Sunday, January 29

Paintings of key British Palaeolithic sites by artist Brian Graham accompanied by finds from some of the sites.

The Queen: Art and Image Exhibition - National Museum Cardiff

Saturday, February 4 – Sunday, April 29
 To mark The Queen's Diamond Jubilee, an in-depth exploration of the most striking and resonant images of Elizabeth II, organised by the National Portrait Gallery London.

**Go Green - St Fagans: National History Museum**

Saturday, February 4, 11am – 1pm & 2pm – 4pm
 Visit Tŷ Gwyrdd to find out about the little changes that you can make to your everyday life that will help you save energy and money.

Cardiff Coffee Concert: Benyounes Quartet - National Museum Cardiff

Sunday, February 5, 11.30am
 Haydn: String Quartet in F, Op.77, No.2. Brahms: String Quartet in A minor, Op.51, No.2
 For ticket information, visit www.museumwales.ac.uk or contact New Theatre BoxOffice 2087 8889.

Fireside Stories - St Fagans: National History Museum

Sunday, February 5, 11am - 3pm
 Take part in National Storytelling Week by joining us by the fireside at Abernodynwydd farmhouse.

John Piper: The Mountains of Wales Exhibition - National Museum Cardiff

Saturday, February 11 – Sunday, May 13
 John Piper's dramatic depictions of the mountains of north Wales provide the subject of this exhibition.

Making History 1500-1700 Exhibition - St Fagans: National History Museum

Until Sunday, March 4, 10am - 5pm
 An exciting exhibition about Wales 1500-1700: the time of the Tudors and Stuarts, the Act of Union, the first Welsh Bible and the British Civil Wars.

Archaeopteryx Exhibition - National Museum Cardiff Until March

It's 150 years since the discovery of Archaeopteryx, the famous feathered fossil known as the 'missing-link' between dinosaurs and birds.

Your Ward surgeries

> ADAMSDOWN

John Dixon and Nigel Howells. 1st & 3rd Saturday of every month 11am to 12 noon at Roath Library, Newport Road.
Contact Tel: 029 2046 5233

> BUTETOWN

Delme Greening. 1st Saturday of every month 11am to 12 noon at Butetown Community Centre, Loudoun Square. 3rd Saturday of every month, 11am to 12 noon at County Hall, Atlantic Wharf.

> CAERAU

Roger Burley and Jacqui Gasson. Details of surgeries can be obtained directly from Councillor Gasson on 029 2056 1404 or email jagasson@cardiff.gov.uk

> CANTON

Richard Cook, Cerys Furlong and Ramesh Patel. Every Saturday 10am to 11am at Canton Library, Library Street.

> CATHAYS

Jon Aylwin, Elizabeth Clark, Simon Pickard and Simon Wakefield. Every Saturday 11am to 12 noon at Cathays Library, Crwys Road.

> CREIGIAU & ST FAGANS

Delme Bowen. Contact Councillor

Bowen 029 2089 2069 or 07740866434.

> CYNCOED

Margaret Jones, Kate Lloyd and David Rees. Tuesday, January 17 and Tuesday February 21, 10am to 11am at Lakeside Deli.

> ELY

Brian Finn, Susan Goddard and Russell Goodway. Saturday January 7 and 21; February 4 and 18, 10am at Ely Day Centre.

> FAIRWATER

Lisa Ford, Neil McEvoy and Keith Parry. Every Saturday 11am to 12 noon at Fairwater Library. Every Wednesday 12 noon to 1pm at Pentreban Community Centre.

> GABALFA

Ed Bridges and Cathy Pearcy. 2nd Friday of every month 5.30pm to 6.30pm at St Marks Church, North Road.

> GRANGETOWN

Ashgar Ali, Francesca Montemaggi and David Morgan. Every Monday 6pm to 7pm at Grangetown Library, Havelock Place.

> HEATH

Fenella Bowden. 1st Saturday of the month 10am - 11am at Birchgrove School; and 2nd Thursday of the

month 6.30pm to 7.30pm at Ton Yr Ywen School and as advertised within the Ward. Contact Tel: 029 2069 2435.

Lyn Hudson and Ron Page. 1st Thursday of every month 5.30pm to 6.30pm at Maesycod Community Centre.

> LISVANE

David Walker. Contact Councillor Walker on 029 2076 5836.

> LLANDAFF

Gareth Aubrey and Kirsty Davies. 2nd Saturday of every month 12.30pm to 1.30pm, at Llandaff Parish Hall. 4th Saturday of every month, 12 noon to 1pm at St Johns Hall, Danescourt.

> LLANDAFF NORTH

Jacqui Hooper and Ann Rowland-James. 1st Saturday of each month 10.30am to 11.30am at Llandaff North Library. 3rd Thursday of each month, 9.30am to 10.30am at Gabalfa Education Centre, Colwill Road. NEW additional Surgeries; 2nd & 4th Tuesdays of each month, in term time only. 10am to 11am at Llandaff North Community Centre, Hawthorn Road East.

> LLANISHEN

Jon Burns, Richard Foley, Craig Piper

and Bob Smith. Councillor Foley. First Saturday of each month, 10.30am to 11.30am at Llanishen Leisure Centre.

> LLANRUMNEY

Heather Joyce, Derrick Morgan and Jacqueline Parry. 1st Saturday of every month and every Tuesday 9.30am at Llanrumney Library, Countisbury Avenue.

> PENTWYN

Joseph Carter, Paul Chaundy, Keith Hyde and Judith Woodman. Alternate Fridays during school term times only, 11.30am to 12.30pm at The Powerhouse, Llanedeyrn (029 2054 9650) or The Dome, Pentwyn, (029 2054 9033).

1st Saturday of each month, 10.30am to 11.30am at Pentwyn Leisure Centre.

> PENTYRCH

Craig Williams. Contact Members Services on 029 2087 2020.

> PENYLAN

Patricia Burfoot, Bill Kelloway and Freda Salway. Friday 27 January and Friday February 17, 6pm at Marlborough Primary School, The Foyer, Agincourt Road.

> PLASNEWYDD

Rodney Berman, Richard Jerrett, Elgan Morgan and Mark Stephens. Every Saturday, 11am to 12 noon at Community Room 2, Penylan Library, Ninian Road. No appointment is necessary.

> PONTRENNAU & OLD ST MELLONS

Dianne Rees and Jane Rogers. First Saturday of every month 9.30am to 10.30am at Caer Salem Baptist Chapel, Tyr Winch Road. First Monday of every month (except for Bank Holidays), 6pm to 7pm, at Pontprennau Community Centre, Heol Pontprennau.

> RADYR & MORGANSTOWN

Roderick McKerlich. Saturday, January 7 and Saturday, February 11, 10.30am to 12 noon Garth Room, Old Church Rooms, Park Road, Radyr. Contact Councillor McKerlich on 029 2084 3106 Email rmckerlich@cardiff.gov.uk

> RHIWBINA

Jayne Cowan, Brian Jones and Adrian Robson. Wednesday, January 25, 1.30pm to 3pm at the Pantmawr Inn, Tyla Teg, Pantmawr. Tuesday, February 21, 4.45pm to 6.15pm at All Saints Church, Rhiwbina. Contact tel: 029 2062 7757.

> RIVERSIDE

Mohammed Sarul Islam and Jaswant Singh. A street surgery is held every Saturday please contact Councillor Islam on 07976 358696 or Councillor Singh on 07974098416 for further details. Councillor Iona Gordon. Every Saturday, 10am to 11am at Canton Library (opposite Iceland), Cowbridge Road East, CF5 1QD. On bus routes 17 and 18.

> RUMNEY

Duncan MacDonald and John

Ireland. 1st Saturday of every month 10.30am to 12 noon, at the Community Centre, Llanstephen Road.

> SPOTT

Gavin Cox. Tuesday, February 7, 6pm to 7pm at the Meeting Room, Splott Swimming Pool, Muirton Road, Tremorfa. Tuesday, January 17 and Tuesday, February 21, 2pm to 3pm, at Splott Library, STAR Centre, Splott, Road, Splott. Contact Tel: 029 2063 5912.

Clarissa and Martin Holland. Every Wednesday, 6pm to 7pm at STAR Leisure Centre, Splott Road. Every Thursday, 9am to 11am at Community Hall Tweedsmuir Road.

> TROWBRIDGE

Ralph Cook and Monica Walsh. 1st Saturday of each month, 10am at St. Mellons Library, Crickhowell Road. Geraldine Grant. Tuesday, January 10 and Tuesday February 7, 6pm to 7pm at Trowbridge Community Centre, Caernarvon Way. Saturday, January 21, 11am to 12 noon at Beacon Centre, Harrison Drive.

> WHITCHURCH & TONGWYNLAIS

Tim Davies, Linda Morgan, Brian Griffiths and Michael Jones-Pritchard. Whitchurch – Last Monday of the month (except August & December) 6.15pm to 7.15pm, at Whitchurch Community Centre. Tongwynlais - 2nd Monday of every month, 6.30pm to 7.30pm at Tongwynlais Village Hall.

Councillors are also available by phone. Call Member Services on 2087 2020 or visit www.cardiff.gov.uk/councillors for details. Surgeries are not held on Bank Holidays

PRIMARY SCHOOLS MENU 09 JANUARY - 03 FEBRUARY 2012

MONDAY 09 JAN / 30 JAN	TUESDAY 10 JAN / 31 JAN	WEDNESDAY 11 JAN / 01 FEB	THURSDAY 12 JAN / 02 FEB	FRIDAY 13 JAN / 03 FEB
Homemade Margherita Assorted Pizzas V Jacket Potato filled with Tuna or Baked Beans Herby Diced Potatoes Baked Beans Homemade Rice Pudding A range of Desserts to include Fresh Fruit or Muller Yoghurt	Pork Sausage with Gravy Vegetable Sausage V Creamed Potatoes Garden Peas Sweetie Homemade Chocolate Brownie with Chocolate Custard A range of desserts to include Fresh fruit or Muller Yoghurts	Homemade Creamy or Tomato Chicken Pasta Homemade Pasta Napoletan V Bruschetta Sweetcorn Homemade Chocolate Crunch Cookie with Apple Wedges A range of desserts to include Fresh fruit or Muller Yoghurts	Roast Pork Sage and Onion Stuffing and Gravy Homemade Corned Beef Pie Homemade Cheese and Potato Pie V Roast New Potatoes Broccoli Carrots Fruit Jelly with Ice Cream A range of desserts to include Fresh fruit or Muller Yoghurts	Alaskan Salmon Bake Country Vegetable Bake V Chipped Potatoes Coleslaw Homemade Evis Pudding with Custard A range of desserts to include Fresh fruit or Muller Yoghurts
16 JANUARY Meatballs in Gravy Vegi Balls in Gravy V Creamed Potatoes Garden Peas Carrots Homemade Apple and Mango Crumble with Custard A range of desserts to include Fresh fruit or Muller Yoghurts	17 JANUARY Homemade Pasta Bolognese Homemade Pasta Napoletan V Garlic Bread Jacket Potato filled with Cheese or Baked Beans Green Beans Strawberry Delight A range of desserts to include Fresh fruit or Muller Yoghurts	18 JANUARY Homemade Chicken Karma Homemade Vegetable Karma V Oven Baked Crispy Golden Fish Rice Creamed Potatoes Garden Peas Tomato Sauce Homemade Lemon Drizzle Sponge A range of desserts to include Fresh fruit or Muller Yoghurts	19 JANUARY Roast Beef Yorkshire Pudding and Gravy Pork Sausage Vegetable Sausage V Roast New Potatoes Broccoli Sweetcorn Muller Fruit Yogurt A range of desserts to include Fresh fruit or Muller Yoghurts	20 JANUARY Oven Baked Fish Fingers Homemade Golden Cheese Wheel V Cajun Potatoes New Potatoes Garden Peas Coleslaw Fruit Sponge with Custard A range of desserts to include Fresh fruit or Muller Yoghurts
23 JANUARY Scrambled Egg and Sausage V Cream of Tomato Soup with Cheese Pork Pain Sauté Potatoes Baked Beans Homemade Steamed Fruit Pudding with Custard A range of desserts to include Fresh fruit or Muller Yoghurts	24 JANUARY Homemade Pepperoni Pasta Bake Homemade Vegetable Pasta Bake V Jacket Potato filled with Tuna or Cheese Sweetcorn Homemade Rice Pudding A range of desserts to include Fresh fruit or Muller Yoghurts	25 JANUARY Homemade Chicken Tikka Homemade Vegetable Tikka V Oven Baked Fish Finger Wrap Potato Wedges Mixed Vegetables Cakeslaw Homemade Cornflake Crisp A range of desserts to include Fresh fruit or Muller Yoghurts	26 JANUARY Roast Turkey Sage and Onion Stuffing and Gravy Cheese Vegetable Pastry V Roast New Potatoes Cabbage Carrots Arctic roll with Fruit A range of desserts to include Fresh fruit or Muller Yoghurts	27 JANUARY Oven Baked Crispy Golden Fish Cheese Egg and Potato Bake V Creamed Potatoes Garden Peas Baked Beans Apple and Strawberry Tart with Custard A range of desserts to include Fresh fruit or Muller Yoghurts

Fresh salad, extra bread and an extra piece of fruit are offered daily.

V This is a vegetarian product or a vegetarian version is available. Please note that different term dates may apply. This menu represents our full range of meals, your school may have requested a smaller selection.

CERTIFIED
SUSTAINABLE
SEAFOOD
MSC
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery



Primary menu cards
are displayed in your
dining hall daily

bliss
and
oes
appetite
for
life

Roast Turkey with Sage and Onion Stuffing



The food served may vary from the food pictured but will have a similar nutritional value.



cardiffcatering

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